

New Dawn School #49
Lunch Menu K-8
August 2016

Monday-Menu C	Tuesday	17. Wednesday Chicken tamale pie Black beans Brown rice Spiced apples Milk	18. Thursday Meatballs New dawn green beans Spaghetti noodles Fruit cocktail Tomato sauce Milk	19. Friday Tuna Casserole Peas & carrots WG bread Applesauce cup Margarine Milk
22. Monday-Menu A Chicken Spaghetti Corn Broccoli Orange rice pudding Raisins Milk	23. Tuesday Tuna salad sandwich Gateway tossed salad Vanilla ice cream Pineapple tidbits Ranch dressing/fat free Milk	24. Wednesday Beef taco plate Brown rice Refried beans Mixed fruit Milk	25. Thursday Chicken & vegetables Green beans Rotini Fresh orange Pineapple tidbits Milk	26. Friday Fish sticks Peas & carrots Stewed tomatoes Wholegrain bread Apple juice Spiced peaches Tartar sauce/margarine Milk
29- Monday menu D Baked potato bar Stewed tomatoes WG bread Cantaloupe diced Margarine/jelly Milk	30. Tuesday Ground beef stroganoff Carrots Rotini noodles Pears Milk	31. Wednesday Turkey hotdog on bun New Dawn coleslaw Baked beans Applesauce cup Ketchup Milk	Welcome	Back !